WHERE POUTINE IS ROUTINE
BIRTHPLACE OF THE SALTY TREAT {page 17}

IS FREEDOM NEAR FOR LOHAN?
REPORT SUGGESTS EARLY REHAB EXIT {page 15}

THE 'HOFF

ROAST PUTS STAR ON HOT SEAT

SCENE {page 12}

VANCOUVER metro®

Wednesday, August 25, 2010
www.metronews.ca

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Boozy beef could hit fall menus

A scientist at Thompson Rivers University is looking at how the red wine affects methane and E. coli levels Feedlot hopes to purchase wine from wineries for non-beverage use to avoid heavy liquor taxes

JEFF HODSON
@METRONEWS.CA

An Okanagan entrepreneur who took the pairing of red wine and a good steak to the next level hopes to decant her wine-fed beef in Vancouver this fall.

"It's really quite good," said Janice Ravndahl, co-owner of Sezmu Meats. "It tenderizes the meat. Even if you overcook it."

TV inspiration

Janice Ravndahl got the idea for wine-fed beef while watching Gordon Ramsay's F-Word, where the celebrity chef was feeding beer to pigs.

Each of her Angus cows is fed a litre of red wine for the last 90 days before slaughter.

The resulting meat is very red, smells fresh and has a taste that people have described as "apple flavoured."

Red wine, however, is not on the list of feed approved by the Canadian Food Inspection Agency. Ravndahl said she's working with the agency to change that.

What do you think? Let us know at vancouverletters@metronews.ca

Grouse Grind. Broken record

Sebastian Salas, 23, at the top of Grouse Mountain yesterday after setting a course record on the Grouse Grind of 23:48.

KRISTEN THOMPSON/METRO VANCOUVER

Mountain has a new king of the hill

Salas is now the titleholder for both the official and recreational Grind times. The previous record of 24:22 was set by New Zealand champion mountain runner Jonathan Wyatt. Salas said it's "nice that the record is back in Vancouver." Story, page 4.

Philippines

Canadians among slain tourists

Father, daughters killed in hostage standoff aboard bus
Mother unhurt, but son remains in hospital after surgery for head wound
{page 6}

Mike Weir sidelined by elbow

Torn ligament shuts down golfer's season
{page 24}

Women's group joins calls for Pickton inquiry

Systemic discrimination to blame for deaths, organization claims {page 3}

Coastal paradise awaits in Mexico

Puerto Vallarta has something for everyone {page 18}

'White buyer' only need apply

Online Calgary home listing sparks outrage {page 9}

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Everybody failed Pickton victims: Women's shelter

The VPD's internal review of the investigation, released last week, found officers didn't act quickly enough to arrest Pickton

KRISTEN THOMPSON
@METRONEWS.CA

The police's "unsatisfactory" investigation into missing women in the Downtown Eastside underscores systemic racism and sexism in Canada's judicial and social system, according to Vancouver Rape Relief and Women's Shelter.

The organization yesterday demanded a public inquiry into the years-long investigation of Robert Pickton, who was convicted of murdering at least six women from the DTES.

Lee Lakeman said police did not take seriously reports of 50 missing women because they were drug addicted, aboriginal and female.

Her colleague Lana Holland said an inquiry is the only way to uncover why so many women were left vulnerable to Pickton.

"If we could see these changes made without public inquiry, I'd be delighted. But until then, it's the only way."
LEE LAKEMAN

"My aboriginal sisters are not perfect victims in the eyes of police and the courts, especially when they're considered vagrant, addicted and sex workers," she said.

Dave Dickson, a former Vancouver police officer, said failures in the social system allowed for women to become Pickton's prey.

"You've got to look at the ministry because most of the victims were (once) kids in care," he said. "Everyone is going to have to take a share of the (blame)."

WITH FILES FROM JENNIFER O'CALLAGHAN

KRISTEN THOMPSON/METRO VANCOUVER

▶ Summer-Rain Bentham, left, and Lee Lakeman of Vancouver Rape Relief in Vancouver yesterday. Bentham said more than 75 per cent of women who are prostitutes in Canada started as children.

Gas-and-dash killer's parole revoked

The man who dragged Maple Ridge gas-station attendant Grant De Patie to his death in 2005 was sent back to Matsqui prison yesterday for violating his parole.

Darnell Pratt, 21, was returned behind bars until November 2011 for walking away from his Kamloops halfway house in June, only two days after his statutory release.

7 Pratt was given nine years in prison but had the sentence reduced to seven because he was only 16 at the time.

Pratt was convicted of manslaughter for dragging De Patie under his car after the 24-year-old tried to stop him from driving off without paying for gas.

METRO VANCOUVER

CONTRIBUTED

▶ Grant De Patie

News in brief

Cars crushed, woman charged

ABBOTSFORD. A 26-year-old woman has been charged with leaving the scene of an accident after a monster truck crushed parked cars in Abbotsford. The incident coincided with the woman's 26th birthday, police said.

Outage leaves 10K powerless

BLACKOUT. The fourth power outage to hit Vancouver since Saturday night left about 10,000 people in the dark yesterday morning.

VANESSA YEE

1 news

News on the move

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Paralyzed student designs program to help disabled kids play music. Video at metronews.ca/canada

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Kayaks. Awareness

▶ Ryan Vandecasteyen, Faroe Des Roches, Curtis White

CONTRIBUTED

Kayaking for a cause

Four local kayakers plan to paddle from Kitimat to Vancouver — the route of a proposed Enbridge pipeline — to raise awareness of possible risks.

Abuses are bountiful: Docs

A polygamous community in B.C. gives men control over women and forces teenagers into marriage, former residents allege in recently filed court documents.

Lorna Blackmore and Truman Oler, both raised in Bountiful, have sworn affidavits for a B.C. Supreme Court case that will test Canada's law against polygamy.

Blackmore was 18 when she was told to marry a man more than twice her age, despite the fact that he already had one wife.

She adds that girls as young as 15 were married and that the average age seems to go up only when there is media or law enforcement attention on the community.

THE CANADIAN PRESS

News in pictures

PHOTOS
1. B.C. RCMP
3. THE CANADIAN PRESS
5. MATT SLOCUM/THE ASSOCIATED PRESS

1 A man, 18, who allegedly threatened another with a knife following an argument started via text message has been arrested. Prince George RCMP said police dog Nak was used to track down the suspect. VANESSA YEE

2 A West Vancouver man, 42, who agreed to meet with a 14-year-old girl he chatted with online was arrested after the teen turned out to be a police officer. FERNANDO CARNEIRO

3 B.C.'s government is taking a beating over the HST and Liberal Leader Michael Ignatieff said yesterday it's partly because of the way it was introduced. THE CANADIAN PRESS

4 The Vancouver-based RCMP explosives unit was called to deal with 23 sticks of dynamite during two separate busts last weekend in the B.C. Interior. VANESSA YEE

5 Canada's Lichel Hirakawa-Kao, of Vancouver, pitches against Chitre, Panama, at the Little League World Series yesterday. Canada lost 4-2 and was eliminated. FERNANDO CARNEIRO

Vancouver's new king of the hill

- BCIT student made the 2.9-km climb in record time yesterday
- Beat previous best by 34 seconds

JENNIFER O'CALLAGHAN
VANCOUVER@METRONEWS.CA

Sebastian Salas set a new Grouse Grind record of 23 minutes and 48 seconds yesterday — with hometown pride fuelling his every stride.

"Being from Vancouver, I thought it would be fitting for someone here to hold the record," Salas said.

The last record of 24 minutes and 22 seconds was set by New Zealand native and two-time Olympian Jonathan Wyatt in 2004. Salas said he prepared by joining a semi-pro bike team and climbing the Grind every weekend for four months.

"The first time I ran the Grind was the race in 2008, which I won unexpectedly," said Salas.

In his words

Salas's tips on how to be a record-breaker:

- **Mind over mountain** "You have to visualize the forward momentum and that the mountain is flatter than it really is. When you envision things differently, it helps with the pain threshold."
- **Slow and steady** "It's important to start off slowly to give yourself more stamina, so you don't burn out."
- **Know the course** "Most time is gained in the one-quarter to three-quarter mark, so you have to keep your energy up."
- **Practice makes perfect** "If you're consistent with anything, it gets easier with time."

Want more local news? Visit metronews.ca

COURTESY GROUSE MOUNTAIN

▶ It's his mountain! Sebastian Salas after breaking the Grouse Grind record.

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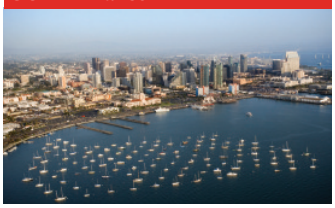

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ADD Summerhill wine tour from $12.

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INCLUDES accom in the heart of downtown Calgary. **ADD** Banff & Wild West tour from $179.

Toronto Air + 3 Nights — from $719 + taxes & fees $168
INCLUDES accom in the heart of downtown Toronto. **ADD** CN Tower admission from $29.

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INCLUDES accom near the Metro with full kitchen.

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Air + 8 Nights 4-Star — from $1199 + taxes & fees $203
INCLUDES central accom with city shuttle.
ADD Harbour Lights with dinner cruise from $70.

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INCLUDES accom near *Disneyland* Resort. Price is per person based on quad occupancy. **BOOK** this package based on double occupancy from $349 per person.

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San Francisco Air + 3 Nights — from $439 + taxes & fees $114
INCLUDES accom in the heart of San Francisco with breakfast. **ADD** Napa & Sonoma wine valley tour from $73.

Honolulu Air + 7 Nights 4-Star — from $689 + taxes & fees $142
INCLUDES Waikiki accom.

Maui Air + 7 Nights — from $899 + taxes & fees $101
BONUS receive a 2-for-1 Luau certificate and Aloha arrival shopping booklet. **ADD** Haleakala, Central Maui and Iao Valley tour from $96.

New York Air + 3 Nights — from $899 + taxes & fees $132
INCLUDES Manhattan accom.

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Canadians among slain bus hostages

KIN CHEUNG/THE ASSOCIATED PRESS

▶ Hong Kong citizens protest the botched negotiations between Philippine police and a gunman yesterday outside the local Philippine consulate.

Philippine president declares today national day of mourning

Three Canadian citizens, including a father who gave his life in an effort to protect his family, were among eight Hong Kong tourists killed Monday in a deadly hostage standoff in the Philippines that left grieving, angry family members demanding answers from authorities.

Media reports indicated there were at least five people holding Canadian passports on the bus in the capital of Manila when it was seized by a gun-wielding former police officer.

The three slain Canadians were identified as Ken Leung, 58, and his daughters Jessie, 14, and Doris, 21, all three of them dual citizens who lived in Hong Kong.

Leung's wife, Amy Ng, who was unhurt in the melee, said her husband confronted the gunman before he was killed. The couple's son, Jason Leung, 18, remained in hospital after surgery on a head wound. THE CANADIAN PRESS

Crisis fallout

- **Government** Philippine Interior Secretary Jessie Robredo, who is in charge of the national police, acknowledged yesterday there were problems with how the crisis was handled.
- **Police** Philippine police had defended their actions, pointing out that officers lacking proper equipment had risked their lives in trying to bring the standoff to an end. But they promised to review all events leading to the deaths.

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Census speech cancelled

The organizers of a business conference cancelled a presentation yesterday by Canada's former chief statistician because invited media refused to go off the record.

Munir Sheikh was supposed to give a speech to the Canadian Association for Business Economics on controversial changes to the census in Kingston, Ont. He resigned his post at Statistics Canada last month over the Harper government's decision to end the mandatory long-form census. THE CANADIAN PRESS

Arctic station finds a home

The federal government has chosen Cambridge Bay, Nunavut, as the home for the long-awaited High Arctic research station.

But by the time the first scientists move in, 10 years will have passed since the Conservative government first promised a multi-disciplinary research centre to unlock the mysteries of the North.

Prime Minister Stephen Harper was supposed to deliver the good news to the residents of Cambridge Bay at an announcement early yesterday but heavy winds delayed his flight out of Churchill, Man.

"The Canadian High Arctic research station will be a meeting place for Canada's top scientists and indeed for leading scientists from around the world," Harper told reporters packed into the restaurant at a cosy lodge for an impromptu news conference.

"It will also inspire the imagination and ambitions of young Canadians in Cambridge Bay and across the North."

Ottawa carried out a $2-million feasibility study to determine which of three communities was best suited for the year-round facility.

Pond Inlet and Resolute were also in the running for the station, billed as a scientific hub for Canada's North. THE CANADIAN PRESS

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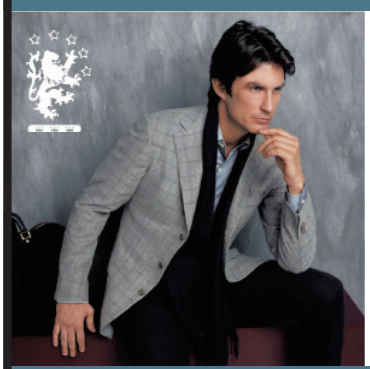
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Chinese jet crashes near landing strip

Cause unknown News agency says aviation officials discussed problems with ERJ-190s jets earlier

A Chinese passenger jet crashed while trying to land on a fog-shrouded runway in the country's northeast and burst into flames, killing 42 people and injuring 54 others, state media said.

The Henan Airlines plane with 91 passengers and five crew crashed late yesterday in a grassy area near the Lindu airport on the outskirts of Yichun, the official Xinhua News Agency said.

The crash and subsequent fire were so severe that little of the fuselage remained, though the charred tail was still largely intact.

THE ASSOCIATED PRESS

Bad reputation

Expansion of Chinese air traffic in the 1990s led to a series of crashes that gave China the reputation of being unsafe.

- **Upgrades** The poor record prompted the government to improve safety drastically, from airlines to new air traffic management systems at airports.
- **Most recent** The last major passenger jet crash in China was in November 2004, when an China Eastern airplane plunged into a lake, killing all 53 on board and two on the ground.

Driverless. Road trip

▶ A technician controls an unmanned electric-powered vehicle by a remote device in Parma, Italy.

ANTONIO CALANNI/THE ASSOCIATED PRESS

Drivers not included

A pair of fender-benders, two technology-loving hitchhikers and 22 hours blocked at the Russian border. That's the balance sheet one month into the three-month journey for a team of driverless vehicles on a 13,000-kilometre road trip from Europe to China.

Trapped miners get another bit of hope

Singing the national anthem in a full-throated chorus, 33 miners trapped deep underground thanked their rescuers and settled in for a long wait until a tunnel wide enough to pull them out can be carved through a half-mile of solid rock.

Raising hopes further, a second bore hole punched into the chamber where the miners are entombed, and a third probe was nearing the spot yesterday.

After parcelling out tiny bits of food and drinking water carved from the mine floor with a backhoe for 18 days, the miners were getting glucose and rehydration tablets to restore their digestive systems. THE ASSOCIATED PRESS

"They had two little spoonfuls of tuna, a sip of milk and a biscuit every 48 hours."

DR. SERGIO AGUILAR, A PHYSICIAN ON THE RESCUE TEAM

China's traffic jam 10 days old

A massive traffic jam in north China that stretches for dozens of kilometres and hit its 10-day mark yesterday stems from road construction in Beijing that won't be finished until the middle of next month, an official said.

Bumper-to-bumper gridlock spanning 100 kilometres, with vehicles moving little more than a kilometre a day at one point, has improved since this past weekend, an official said.

THE ASSOCIATED PRESS

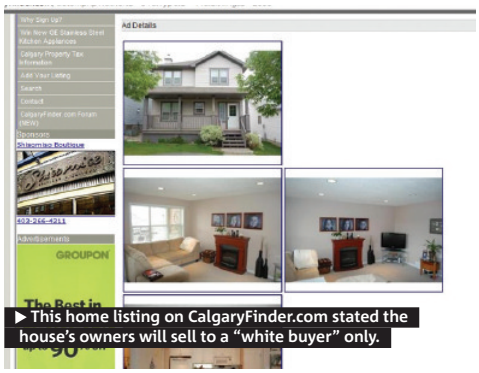
5 days

Some drivers have been stuck in the jam for five days, China Central Television reported yesterday.

White-only house ad outrages Calgarians

KRISTA SYLVESTER
@METRONEWS.CA

KRISTA SYLVESTER/METRO CALGARY



▶ This home listing on CalgaryFinder.com stated the house's owners will sell to a "white buyer" only.

Calgarians are shocked after a home listing on a Calgary real estate website stated the owners will sell to a "white buyer" only, in a "highly rated white community."

Calgarians took to the local rants-and-raves sections of Craigslist to voice their outrage at the house posting that appeared on CalgaryFinder.com.

The listing also promised a private backyard that won't have "colored people peeking" in.

Area Ald. Joe Connelly said he is infuriated with the listing, even if it's a joke, and that he will be looking into it further.

"That is absolutely unacceptable and it's not the way Calgarians think and it's not the way Canadians think," Connelly said.

"Ward 6 is a very diverse community."

Metro contacted the only available link to the house sellers but received no response, though Nancy Steiner, spokeswoman for CalgaryFinder.com, said the listing was "legitimate."

"The ad was listed and paid for," she said.

"It's our policy not to censor our ads. However, if any ad is deemed unlawful, it is removed promptly."

Cat's captor identified

Police say they've identified the woman seen on video trapping a cat in a garbage bin and posted guards outside her home. The U.K. surveillance video posted online by Lola the cat's owners takes only seconds, but it has outraged thousands of viewers around the world, some of whom posted angry messages pledging retribution.

Investigators at the Royal Society for the Prevention of Cruelty to Animals, which prosecutes cruelty cases, said yesterday that the grey striped cat was trapped for 15 hours before being rescued on Sunday morning by her owners, who told a British newspaper they heard Lola's muffled cries from inside the bin. The distressed cat was unharmed.

THE ASSOCIATED PRESS

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IGGY'S SUMMER ROAD TRIP LACKS POP

Just sayin'

PAUL SULLIVAN

Whatever happened to Michael Ignatieff? Michael Who?

You know, Michael Ignatieff, the Liberal leader? That guy who always comes in second to Stephen Harper in the polls?

Well, he stopped beating his head against the polls and joined thousands of Canadians on that great summer migration — the classic road trip. While Harper is busy ripping up the long-form census, Ignatieff is pressing flesh and downing vats of coffee with real people from Mon Petit Choux Café in Nanaimo, B.C., to Rita's Tea Room in Big Pond, N.S.

So far, he has logged 33,399 kilometres on the Liberal Express bus and the tour isn't over yet.

The Express zips through an ice cream stop in Magog and Captain Burger in Richmond, Que., before finishing up at Big Pond this Sunday. By the looks of his schedule, he's been to every Tim Hortons in the country, and if nothing else, should be eligible for a free box of Timbits.

It's grassroots, door-to-door campaigning. Only the scope is different. Instead of one constituency, Ignatieff has decided to visit them all. It's supposed to help him shed his aloof academic image, so Canadian voters no longer get him mixed up with John Ralston Saul, our other intellectual.

"Not a bad line, but we can expect good lines from (Michael) Ignatieff, whose byline is a fixture in the finest periodicals from Harpers to The New Yorker."

I'm not sure if it's working, but at least it's keeping him busy, which means he's not trying to form a coalition with the separatists (bad idea — maybe the worst ever). He even turned up in my neighbourhood the other day, the North Shore of Vancouver, where he managed to connect his own family saga (his grandfather was the Russian Czar's last minister of education. Come the revolution, the family fled to Canada) to that unpopular boatload of Tamil refugees causing so much fuss on the West Coast.

"We must always be a haven in a heartless world," he declared (twice for emphasis) and that received a slightly tentative round of applause.

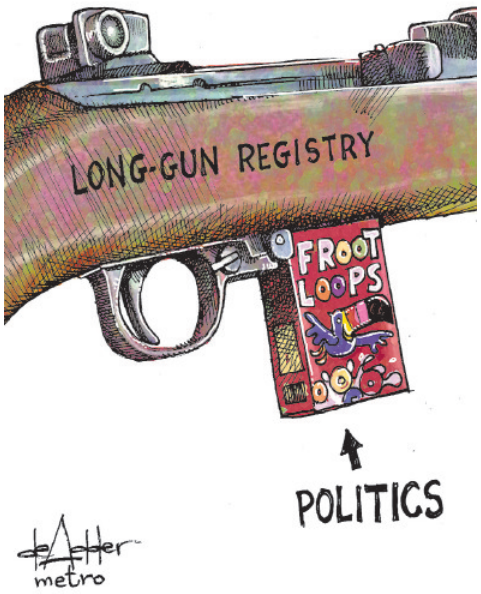
Not a bad line, but we can expect good lines from Ignatieff, whose byline is a fixture in the finest periodicals from Harpers to The New Yorker. What we're also getting, and perhaps didn't expect, is Ignatieff's determination to demonstrate he's ready to do the work and convince Canadians he's really one of us, one voter at a time.

What's missing is the message. Can't have everything. We may be closer to answering "Who is Michael Ignatieff?" But after nearly 34,000 kilometres, we're still a long way from "What is Michael Ignatieff?" never mind "Why?"

Cartoon

MICHAEL DE ADDER

Nothing in life is fair



Letters & Tweets

DARTMOUTH. I read with interest the letter from Ian Dummigan regarding the Green party (Aug. 23). It is very interesting that he says Elizabeth May seems to have a distorted view of democracy since her party has never won a single seat in Parliament.

Democracy is changing. I personally have not voted for the Green party, but I can surely understand why the Greens would be upset. In the last election they received 6.78 per cent of the popular vote but didn't win any seats, while the Bloc, which ran in only one province, won 49 seats with only 10 per cent of the national vote and, therefore, have a disproportional influence on the government of this country.

No wonder there are so many Canadians wondering where the fairness is in our electoral system.

CARL ELLIS

Re: (Tamil) migrants not jumping the queue: Spokesman.

VANCOUVER. Once these people touched land, they were here to stay. They aren't leaving — we need to get over it.

We need to focus on the next time, take a stand and set a precedent. We need to show the world that you can't just bypass our laws because they are inconvenient.

S. PETERSEN

Looking for seats

CANADIAN PRESS FILE

Coffee or tea? Why?

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Metro Minute with Back To The Future

Head back to 1985 with an outdoor movie night hosted by Fresh Air Cinema.

Enjoy a young Michael J. Fox and Christopher Lloyd in the hit comedy Back To The Future on the three-storey inflatable screen outdoors at McSpadden Park on 2153 Victoria Dr.

This is a free movie event so just bring a blanket or a lawn chair, tasty movie snacks and, of course, your family and friends to enjoy the movie.

The show starts at 9 p.m., but come early to enjoy all the park has to offer and stake out a good spot.

For more information, visit freshaircinema.ca.

VANESSA YEE

UNIVERSAL PICTURES

▶ Michael J. Fox and Christopher Lloyd in a scene from Back To The Future.

GM, dealerships reach agreement

$1.5M lawsuit settled Another lawsuit with 200 other dealers still ongoing

Several General Motors dealerships slated for closure will remain open after reaching a settlement with the automaker following nine months of legal wrangling.

GM Canada spokesman Tony LaRocca confirmed yesterday that a deal has been reached with 21 dealerships that sued the company last year after they were told they'd be closed as part of GM's restructuring efforts. Of those, about a dozen will remain open.

The terms of the agreement are confidential.

"The case has been resolved to the mutual satisfaction of the plaintiffs and GM. I'm sure both parties are pleased the litigation is concluded," said Jonathan Lisus, a lawyer who represented the dealerships.

LaRocca said the settlement will allow GM Canada to turn its attention back to improving its sales performance.

GM announced last year that it would eliminate more than one-third of its Canadian dealerships by October 2010 in an attempt to cut costs and streamline its business. Before the closures, the company had more than 700 dealerships in Canada, which were estimated to employ about 33,000 people.

The 21 dealerships named in the lawsuit were slated for closure as part of GM's restructuring, but refused to sign the wind-down agreement. They argued that the automaker used an arbitrary measure to decide which businesses to close and broke a contract that promised to automatically renew their franchises as long as they fulfilled sales and other obligations.

GM denied this and said it had no choice but to close hundreds of stores to stay afloat during the recession. THE CANADIAN PRESS

Better outlook

A new study says Canada's auto parts manufacturing sector will continue to lose money this year but return to profitability in 2011 and the following three years.

Profits coming? They project the sector will lose $41 million this year but have a $378-million profit in 2011, rising each of the next three years to $894 million in 2014.

Fast food. Slow market

A patron enjoys a meal at a Burger King in Springfield, Ill.

SETH PERLMAN/THE ASSOCIATED PRESS

Burger King sales down 17 per cent

Burger King Holdings Inc. said yesterday its fourth-quarter net income fell nearly 17 per cent as sales slipped and costs for ingredients and packaging climbed.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 161.28 (11,557.35)	– 0.72¢ (94.31¢ US)

Oil	Natural gas 1,000 cu ft
– $1.47 US ($71.63 US)	$4.055 (– 1.1¢)

Gold contracts $1,231.80 (+ $4.90)

BMO profits less than expected

The Bank of Montreal's third-quarter profit rose 20 per cent to $669 million, but still fell short of analyst expectations as trading activity on the stock markets hit BMO's capital markets division.

The first major Canadian bank to report its third-quarter results, BMO reported cash earnings per share of $1.14, about seven cents lower than analysts had estimated on average.

In the same period a year earlier, the bank reported net income of $557 million or 98 cents in cash earnings per share.

Revenue was down slightly to $2.91 billion from $2.98 billion.

BMO Capital Markets was hit particularly hard, with a 58 per cent decrease in profits to $130 million as it contended with lower trading revenues affected by the economic uncertainty out of Europe.

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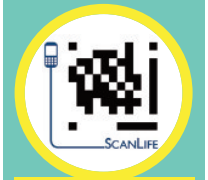
2 scene

Piranha sequel coming

Prehistoric killer fish will get another chance to sink their teeth into audiences in an upcoming sequel to Piranha 3D. Dimension Films, which released the over-the-top thriller this past weekend, announced that part two is in the works. Piranha 3D didn't have a great opening, debuting in sixth place at the box office with $10.1 million. But it got an overwhelmingly strong critical reception, earning 81 per cent positive reviews on the Rotten Tomatoes website.

THE ASSOCIATED PRESS



At 93, prolific actor Ernest Borgnine is finding his fanbase just keeps getting younger and younger.

GETTY IMAGES

▶ David Hasselhoff and Seth MacFarlane.

Comedy Central roasts The 'Hoff

It's been a while since the infamous video of David Hasselhoff chowing down on a floor-cheeseburger He's now finally willing to face the music

NED EHRBAR
SCENE@METRONEWS.CA

He's been the butt of a lot of jokes, but this time David Hasselhoff is getting in on the action. The former Knight Rider and Baywatch star put him in the hot seat for an old-fashioned roast by the good folks at Comedy Central, and Metro was there for every obscenity-filled cheeseburger reference. But the Hoff wasn't fazed.

"Honest to God, I wasn't acting at all. I couldn't stop laughing. My face hurts," Hasselhoff told Metro backstage after the taping. "After every one of the guys would come off, they'd say, 'You know I love you.' And it was really, really cool."

Hasselhoff went into the event with an open mind and a healthy amount of self-awareness.

"If you can't laugh about yourself and you hold things in and you take life seriously, that's when you have problems."
DAVID HASSELHOFF

The festivities were led by roast-master Seth MacFarlane, who opened with the question, "How do you make jokes about a joke? How do you put someone down when they are already lying shirtless on the floor?" The roast roster included Hulk Hogan, Jerry Springer and Pamela Anderson, among others.

The roast of David Hasselhoff airs this Saturday night on the Comedy network.

Deutschland

Another popular target was Hasselhoff's continued popularity in Germany, something he's less apt to poke fun at. "I don't care what people say, I really don't. I go over to Germany, and I've never had more fun in my life than being a rock star and singing. I sang on the Berlin Wall to a million people, and the song was called 'Looking for Freedom,' and I'll never, ever forget it."

Not a joke: Levi Johnston is running for mayor

Levi Johnston, the father of former Alaska Gov. Sarah Palin's grandson, has filed papers to run for office in his hometown of Wasilla, Alaska, next year.

Johnston filed his letter of intent Friday with the Alaska Public Offices Commission, a first step needed to begin campaigning.

The letter doesn't specify an office though Johnston's manager, Tank Jones, has said Johnston's interested in a run for mayor or City Council. He did not immediately return a message Monday.

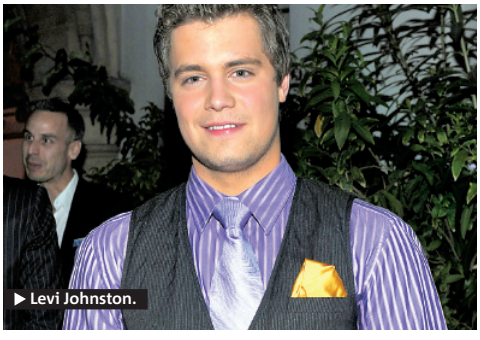
Wasilla is where Palin got her political start, first as a council member and then as mayor.

Earlier this month, Jones confirmed that Johnston planned to run for office as part of a reality TV show.

Johnston and Palin's daughter Bristol were thrust into the national spotlight in 2008, when Palin was making her vice-presidential run and the two were unwed expectant teens.

Johnston, 20, has had a prickly relationship with the Palin family since the birth of the son and has sought to capitalize on his notoriety, posing for Playgirl and hitting the Hollywood circuit. He and Bristol Palin recently broke off a short-lived engagement.

THE ASSOCIATED PRESS



▶ Levi Johnston.

Klaxons not undone by England's rumour mill

CAM LINDSAY
SCENE@METRONEWS.CA

With success comes anticipation, and with anticipation comes all sorts of crazy, cooked up rumours. England's Klaxons can tell you a bunch of them. For instance, that their second album was rejected by the label for being "too experimental." Or that their producer Ross Robinson had turned them into a nu-metal band. Or, best of all, that they had entered the studio to record with hip-hop legend Dr. Dre.

"We seem prone to attracting rumours in England anyway," explains guitarist Simon Taylor-Davis. "I was never in a studio with Dr. Dre. That could have been a disaster, to be honest!"

"It's just one of those really horrible, confusing stories that got completely blown out of proportion."
SIMON TAYLOR-DAVIS ON THE LABEL FIRST REJECTING KLAXONS' SECOND ALBUM

Surfing The Void, Klaxons' follow-up to 2007's Mercury Prize-winning album, Myths Of The Near Future, is far from a disaster, to be honest. Yes, it was recorded with Ross Robinson, the "Godfather of nu-metal" and man behind albums by Korn, Limp Bizkit and Slipknot, but Taylor-Davis says they instantly clicked with the producer.

"For us, it was about his character and personality," he says. "We've always been about getting on with people, first and foremost, on a humane level, without worrying about whatever cool bands that person has produced before."

GETTY IMAGES

▶ The songs on Klaxon's new album, Surfing The Void, have an immediacy guitarist Simon Taylor-Davis said.

What some viewed as a gamble paid off for Klaxons. Surfing The Void is a metal-free, frenetic rush that marries strokes of mind-melting psychedelia and leftfield yet accessible pop choruses. The concept may be far out there, but Taylor-Davis says the immediacy of the songs represents both the band's and the audience's interests.

"There's always been a need to work very fast with us," he explains. "It's for the short attention spans of our generation."

CEE-LO RISES TO THE TOP THIS SUMMER

There's a quiet competition every July and August in the music world — which artist will have the song of the summer? Until last week there was one candidate: Katy Perry and her song California Gurls. But on Friday, the internet felt like it nearly exploded with all the chatter around Cee-Lo Green's new single F— You, which he released on YouTube. Many critics have heralded it as not only their favourite mid-year song, but the catchiest, most creative, song of the year.

The song really is as good as everyone makes it out to be, and it's a perfect example of what makes a great song — something I can't say about Perry's imitative hit single. Here's why it works:

It's catchy

Most artists try to write a song with hooks, but few pull it off. Right away the osng starts off right. Its bouncy piano riff leads into the singer's James Brown-like wail; the whole track is a warped version of a Jackson 5 song. It's full of ooos and ahs and while Perry's song has a catchy chorus too, it's more fun to yell out the f-bomb than "we'll melt your popsicle."

Smart lyrics

Words are often an after thought for most artists. Perry, in California Gurls' bland first verse says, "I know a place where the grass is really greener, warm, wet and wild there must be somethin' in the water." Contrast that to Cee-Lo's first verse — "I see you driving 'round town with the girl I love and I'm like f— you."

While he does say phrase 16 times, the vulgarities make sense — he's angry that another guy stole his girl. The song is hilarious, and as smooth as his Motown sound is, you can feel his anger. Cee-Lo though wants you to talk about his rhymes as much as his music. (Why else would he write the brilliant line "I guess he's an Xbox and I'm more Atari"?)

It's creative

The song sounds and feels original. The kinetic R&B pop sound combined with the smart, funny (but not kitschy) lyrics, and a why-didn't-I-think-of-that video with only lyrics on a coloured background, took care and work to create.

When it comes down to it, it's not just talent that makes a song great. A catchy, thought provoking tune that's born out of painstaking work will, at least artistically, beat out a fluffy pop track churned out to make a label and artist rich, every time.

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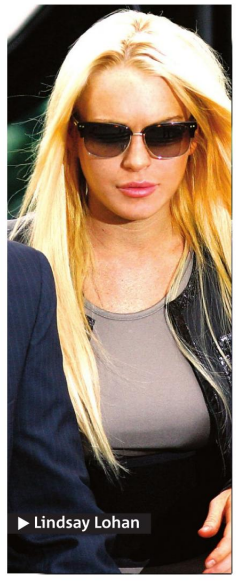
Lohan gets an early rehab exit?

Radar Online reports Lindsay Lohan signed her discharge papers and that it was possible she could be released from rehab as early as last night.

Before this development, Lohan's lawyer was headed to a probation modification hearing today to argue that Lohan should be released from rehab early, according to Radar Online. Lohan's camp reportedly has testimony from doctors at the UCLA Medical Center stating that she does not need more than 30 days of rehab, let alone the court-ordered 90 days.

"It is hard to find a doctor to recommend somebody get out of treatment early, nearly impossible actually," a source from another rehab facility tells the Web site. "Kudos to the Lohan camp for making it happen." METRO


Lindsay Lohan

Talking points

Carey denying prego rumours

I'M NOT PREGNANT. NOW WHERE ARE THE PICKLES AND ICE CREAM? After avoiding cameras and public appearances for months, Mariah Carey is fighting off renewed pregnancy rumors, according to AHN.

The singer was photographed in Brazil looking fuller-figured and wearing loose-fitting clothing before hitting the stage for a concert.

She furthered pregnancy speculation after the show by posting on Twitter, "Tonite was tuff for me 4 personal reasons, but u got me thru (sic)!" METRO

Celebrity tweets

Nick Cannon [@Nick-Cannon] How do I stop people from hacking into my twitter?! I'm tired of changing my password everyday!

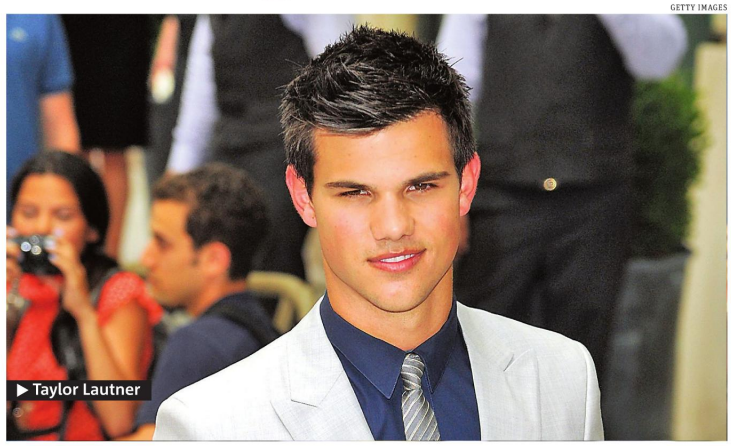
Russell Crowe [@russell-crowe] 9.16, bed time inthe bush,i'll wake when it's still dark so i can have a cup of irish tea and watch the world and the wallabies stretch.

Sandra Bernhard [@Sandra-Bernhard] it's a full on new york morning construction on the corner, the union busting it across the street, complete with pile driver and whistles

METRO

Lautner howling mad over RV

GETTY IMAGES


Taylor Lautner

Taylor Lautner is suing a motor home dealership for "emotional distress" and "annoyance" after the dealership failed to deliver a $300,000 RV, according to Popcrunch.

The 18-year-old Twilight star — and the highest-paid teen actor in the industry — was hoping to have the customized vehicle in time for filming of his new thriller, Abduction, being shot in Louisiana.

He is suing for breach of contract and fraud

Lautner is seeking unspecified damages. METRO

Douglas won't delay his legal fight

Despite his battle with throat cancer, Michael Douglas has expressed no interest in delaying his legal dispute with ex-wife Diandra Douglas, according to Page Six.

Diandra, who is seeking a share of royalties for the upcoming Wall Street: Money Never Sleeps, offered to postpone the case while Michael gets treatment.

"Michael declined," a source says.

"He wants to get this over with as soon as possible."

Lawyers for the actor claim that Diandra Douglas was entitled only to half the earnings that Douglas made from the original movie in 1987, and other films he made before their 1995 separation.

It has been reported that Diandra has earned more than $6.3 million in royalties and DVD sales from her husband's movie projects since their divorce. METRO

Michael Douglas

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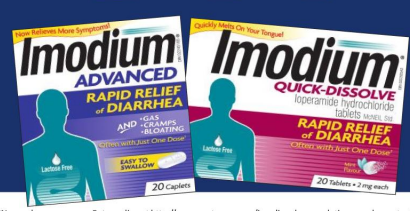

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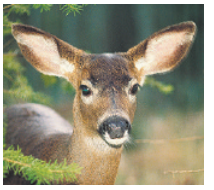
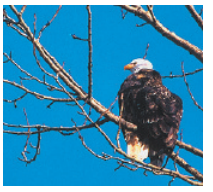
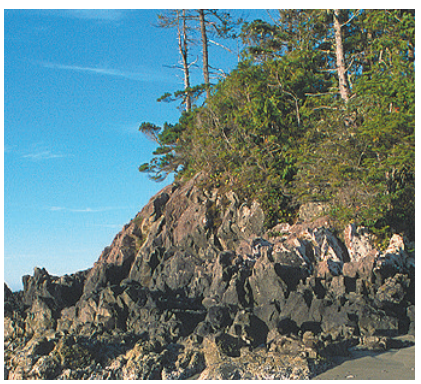
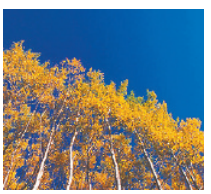




I spy with my little eye...





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Thousands expected to attend annual Le Festival de la Poutine event, dedicated to Quebec culinary staple poutine The two-day event takes place on Labour Day weekend in Drummondville, a city of 67,000 located about an hour outside of Montreal

PETER MCCABE/THE CANADIAN PRESS

▶ Vanessa Roy tops off a container of French Fries with a liberal amount of cheese curds before a topping is chosen at at the Le Festival de la Poutine in Drummondville, Que.

▶ A container of French fries gets a customary chicken veloute sauce poured over its white cheddar cheese curds.

Drummondville: Poutine's Quebec birthplace

If you've ever been to La Belle Province, chances are you've dug into a messy heap of fries, cheese curds and sauce — the Quebec culinary delight called poutine.

But no one makes it quite like they do in Drummondville, Que., considered the birthplace of the concoction about four decades ago and home to Quebec's only Festival de la Poutine.

The dish has changed considerably in recent years with everyone adding their own twist, but if you've ever wanted to dig into authentic poutine and catch some great live Quebec bands, the two-day event taking place on Labour Day weekend is the place to be.

"(This) is the ground zero of poutine, if you want to eat it the way it was originally made, that's the place to go"
BOB RUTLEDGE, A PROFESSOR OF ASTROPHYSICS AT MCGILL UNIVERSITY

"That (region) is the ground zero of poutine, if you want to eat it the way it was originally made, that's the place to go," says Bob Rutledge, a professor of astrophysics at McGill University and California native who fell in love with the Quebec dish upon moving here.

Rutledge, who runs the website montrealpoutine.com, says one reason to go to Drummondville is for the one-of-a-kind poutine sauce originating from the region.

"The sauces that appear to have been invented in that area are not what you find in say Montreal or Quebec City," said Rutledge.

Restaurants in the Drummondville region traditionally add a tomato puree to their sauce that makes it sweeter and gives it a distinctive taste over the Montreal variation made with a dark-brown, often chicken-based gravy.

That sauce – an aurora sauce – isn't used anywhere else and often catches people from outside the region by surprise.

"It brightens it and it causes it to be somewhat sweeter and it's a very particular taste and a very particular flavour," Rutledge says. THE CANADIAN PRESS

If You Go

Festival de la Poutine is held Sept. 3 and 4 at Woodyatt Park, 19 rue du Pont, in Drummondville, Que., about an hour outside Montreal.

- **Doors open at** 5 p.m. on Friday and 3 p.m. on Saturday, until 11 p.m. both nights. The poutine is dished out all night.
- **Tickets are $20** for one day or $25 to attend both days. Children 12 and under are free.
- **On the web:** festivaldelapoutine.com

THE CANADIAN PRESS

3 life

Behind the Seams

Designs: Past and present
Fashions created by some of Quebec's leading designers, past and present, have been put on display at the Montreal Eaton Centre in an exhibition that borrows several garments from the collection of the Museum of Costume and Textile of Quebec. Behind the Seams includes the creations of some 20 designers, including "legendary outfits" from the 1960s by Michel Robichaud and Raoul-Jean Foure as well as contemporary items such as a dress by Marie Saint Pierre and a Joseph Helmer jacket, organizers say.
THE CANADIAN PRESS

Museum of Civilization to unveil mural depicting images of Quebec.

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Viva Vallarta
Mexico's scenic resort town

Where the spectacular peaks of the Sierra Madre meet the azure blue waters of Banderas Bay lies Puerto Vallarta From the welcoming beaches to the family-friendly adventures to the vibrant nightlife, this place was made for non-stop enjoyment

On Mexico's Pacific coast, where the jungle-filled slopes of the Sierra Madre Mountains meet the glistening waters of the Banderas Bay, lies the scenic resort town of Puerto Vallarta.

Just a few hours away aboard an Aeromexico Airlines flight, Puerto Vallarta's welcoming beaches, wide array of family-friendly activities, and vibrant nightlife make it the perfect vacation spot both for adventure seekers and those who just want to lay back and bask in the sun.

Where I'd stroll

Tourists and locals alike can be found walking the boardwalks and cobblestone streets of Puerto Vallarta's bustling downtown, called El Centro. The area features boutiques and craft shops to browse, artwork to admire, and plenty to eat, from delicious street food to more upscale fare. In the evening many of the restaurants turn into nightclubs where you can dance the night away.

What I'd eat

Tacos and quesadillas make for great Mexican snack food, but authentic Mexican cuisine goes well beyond burrito borders. Foodies can visit local favorites such as Trio (triopv.com) and El Arrayan (elarrayan.com.mx) to sample some of the best dishes Puerto Vallarta has to offer, including lobster and shrimp-filled paella, braised pork leg, and a variety of fresh seafood ceviches.

Where I'd do my best Captain Jack Sparrow impersonation

The Marigalante Pirate Ship (piratesofthebay pv.com) offers a full day of swashbuckling fun. Activities on board include a kid-pleasing pirate show, tons of contests and photo ops, breakfast, lunch, and an open bar to keep the adults entertained. A beach excursion includes kayaking, snorkeling, and banana boat rides, all supervised by the talented and attentive pirate staff. The trip costs $85 US for adults; kids under 12 go free during the morning excursion.

How I'd get around, part 1

Via speedboat. The beach hideaway of Las Caletas is so remote that it's only accessible by boat. Luckily, Vallarta Adventures (vallarta-adventures.com) provides thrilling, Miami Vice-style transportation to take you there breezing through the water at 40 miles per hour.

Once ashore, you can hang out with wildlife including parrots and monkeys, take a yoga class or a nature walk, swim with sea lions, or simply swing from a hammock and sip a cocktail.

How I'd get around, part 2

Via ATV. To take in the most panoramic views in the Sierra Madres, there's only one way to go. The staff at Green Zebra Adventures (gogreenzebra.com) will teach you to ride a Tomcar, an easy-to-drive vehicle that's made for off-roading, effortlessly handling steep hills and rugged jungle terrain. Be warned: the scenery as you progress through the mountains is beautiful, but your clothes won't be. Come prepared to get down and dirty!

How I'd Unwind

After all that activity, relaxation is key — this is a vacation, after all! Catch some rays poolside at the Westin Hotel, tamarind margarita in hand. After a day lounging in the sun, dine by candlelight at the hotel's beachside restaurant, then retire to the plush and pristine white bed that comes standard in every Westin room.

For more information: visitpuertovallarta.com.

METRO WORLD NEWS

▶ Beach excursions in Puerto Vallarta include kayaking, snorkeling and banana boat rides.

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A renaissance in rail travel

All aboard — VIA's Capital Investment Program ushers in new era

With ridership increasing and millions of dollars in new infrastructure funding fast-tracked, more and more Canadian travelers are being welcomed aboard to a new era in train travel.

Over the last few years the demand for VIA Rail services has grown steadily as travelers have increasingly turned to train travel as a safe, hassle-free and environmentally responsible alternative to congested roads and airports. In fact, in 2008, VIA safely transported 4.6 million passengers — the most since 1989 — and set an all-time record of $299 million in revenue.

"The popularity of train travel is certainly increasing."
STEVE DEL BOSCO, VIA RAIL CANADA'S CHIEF, MARKETING AND SALES

Via Rail's ridership numbers are expected to increase as higher fuel prices, environmental concerns and chronic road congestion continue to rise.

"The popularity of train travel is certainly increasing and lots of people are not only travelling for tourism purposes," said Via Rail Canada's Chief, Marketing and Sales, Steve Del Bosco. "On the early trains, we're seeing a significant increase in people using the train to actually commute to work and we're seeing this more frequently."

VIA is counting on even more people foregoing planes and vehicles in the near future thanks to the $407 million in new federal funding announced in the 2009 stimulus budget. That's in addition to $516 million — the largest capital investment in VIA's history — allocated in 2007 to help strengthen and improve passenger rail in Canada.

"VIA's Capital Investment Program is helping us rebuild locomotives and make improvements to rail cars and stations and modernize our technology to make sure service to customers is improved every year," added Del Bosco.

A significant portion of the capital expenses will be devoted to infrastructure improvements in VIA's busiest market, the Quebec City-Windsor corridor.

NEWS CANADA

▶ Rail service is a safe, hassle-free and environmentally alternative to congested roads and airports.

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Menus and recipes for parents all in one book

As the school doors open for another year, there is no lack of advice for parents on preparing box lunches for their children

Joanne Lalonde Hayes experienced the challenge of filling her kid's lunch box every day and in 1993, she founded a publishing company to help parents juggle the demands of busy careers and the many activities in their children's lives.

The company, More Time Moms — based in her hometown of Aylmer, Que. — has just released a new publication with added tools to "organize, reduce and simplify the work involved in feeding your children."

The cookbook is More Time Moms Family Meals: Easy Meal Plans to Help You Keep Your Children Healthy.

Lalonde Hayes has designed the book as "a simple guide, a tool to help take the work out of and put the fun into family mealtime."

While this may seem like a pipe dream for busy working parents, especially women who often bear the brunt of performing endless household tasks, she feels she has succeeded in her goal of offering some simple solutions.

The book provides six weeks of healthy menus, 126 recipes and complete weekly grocery lists.

She has added ideas and recipes for snacks to help children control their blood sugar. This can allow them to eat five to six small meals a day, which is recommended by health professionals.

THE CANADIAN PRESS

Carrot Bran Muffins

Ingredients :

- 375 ml (1 1/2 cups) whole-wheat flour
- 375 ml (1 1/2 cups) natural bran
- 75 ml (1/3 cup) brown sugar
- 50 ml (1/4 cup) ground flaxseed
- 10 ml (2 tsp) baking soda
- 7 ml (1 1/2 tsp) ground cinnamon
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground cloves
- 1 ml (1/4 tsp) ground nutmeg
- 250 ml (1 cup) finely grated carrot
- 2 eggs
- 375 ml (1 1/2 cups) 2 per cent milk
- 50 ml (1/4 cup) unsweetened apple sauce
- 50 ml (1/4 cup) canola oil
- 30 ml (2 tbsp) lemon juice

Preparation:

1. Preheat oven to 200 C (400 F) and prepare a 12-cup muffin pan with baking spray.
2. In a mixing bowl, combine whole-wheat flour, bran, brown sugar, flaxseed, baking soda, cinnamon, salt, cloves and nutmeg.
3. Toss grated carrot into this dry mixture.
4. In a separate bowl, beat eggs thoroughly. Add milk, apple sauce, oil and lemon juice to beaten eggs. Beat until thoroughly combined.
5. Combine mixtures until just mixed.
6. Spoon batter into prepared muffin pan, dividing evenly. Bake for 20 minutes. Let cool slightly in pan before lifting muffins to a cooling rack.

THE ASSOCIATED PRESS

Tasty cookies, gluten-free

Preparation:

1. In a large bowl, combine almond flour, salt and baking soda. In a medium bowl, combine grapeseed oil, agave and vanilla.
2. Stir wet ingredients into almond flour mixture until thoroughly combined. Fold in chocolate chips and almonds.
3. Spoon dough 15 ml (1 tbsp) at a time onto a parchment paper-lined baking sheet, pressing down with a fork to flatten.
4. Bake for 7 to 10 minutes, until lightly golden. Let cookies cool on baking sheet for 20 minutes. Store in an airtight container.

THE ASSOCIATED PRESS

Ingredients :

- 625 ml (2 1/2 cups) almond flour
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) baking soda
- 125 ml (1/2 cup) grapeseed oil
- 125 ml (1/2 cup) agave nectar
- 15 ml (1 tbsp) vanilla
- 125 ml (1/2 cup) dark chocolate chips
- 125 ml (1/2 cup) sliced almonds

Fired? Let it go then move on

Few milestones as grim as unemployment After one month, you should be in full job-seeker mode

DREW HINSHAW
LIFE@METRONEWS.CA

For many of the newly fired, waking up on "morning one" can come with a paralyzing sense of free fall.

So you've been fired? Let it go.

For many of the newly fired, waking up on "morning one" can come with a paralyzing sense of free fall — the sudden and shuddersome realization that you may not be obligated to match socks or shave for many months.

A few milestones, career counselors say, can make the vast, grim void of unemployment more fathomable. Start with day one.

DAY 1: The first day

"Walk while you're scared," suggests Thank You For Firing Me author Kitty Martini, vocal proponent of post-layoff exercise. "Take a bike ride." Women for Hire CEO Tory Johnson agrees. "While the immediate instinct might be, 'I've got to get my résumé in order' day one is much more about letting your emotions run freely," she says. "That might mean pulling out your voodoo doll and pretending it's the person who fired you."

DAY 7: The first week

"By the week mark, it's really about getting your finances in order," Johnson says. "Maybe you downgrade your cable service, or eliminate one of your phone lines. That's what you do early on." HBO or not, she warns, count on reduced finances for the foreseeable future. "People say, 'I'll just bartend, or I'll just dog walk,' none of those things are easy to land."

DAY 31: The first month

"By the one-month mark, you have to be in serious job-seeker mode," Johnson stresses — résumé readied, dreams determined. Unless your vision is not yet clear. "Right at the point when you really reconnect back with what your passion is" that's when you should start looking," Martini says. "If you really want to do a routine, spend a little time each day just visualizing where you want to be," she says. "That's kind of like job hunting, but bringing the job to you, using physics."

She explains: "Something in the universe will shift when you start thinking about what you want."

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Back to school guide for the mature student

It's been a while since you've had to sit in classrooms and listen to professors prattle on. And frankly, you wonder how you'll keep up with lecture notes when you have other obligations like family or a part-time job. Not to worry. Here are some tips to help mature students survive that first year back:

1. Be confident about who you are. Don't compare your appearance, possessions, or status with other students. As a mature student, you may have better time management skills and more life experience than your peers. You also know the value of a good education and will work hard to achieve it.

2. Get organized. Invest in a daily planner to keep track of deadlines and assignments. Create a home workspace that is comfortable and free of clutter.

3. Find a student mentor. Apply for a mentor through student services. Look for someone who is also a mature student and in a higher year than you. He or she can share first-year experiences, time management and study tips, and the scoop on professors to avoid.

4. Befriend your classmates. Having friends to confide in will make your classes more enjoyable. If you don't connect with anyone in your class, join interest groups and associations on campus. Being passionate about an activity binds people together.

Your decision to further your education is a brave one. NEWS CANADA

Be proud

Be proud of yourself and consider helping a child in a developing country to get their education as well. You can visit www.ccfcanada.ca to see how you can provide opportunities to children in need.

News in brief

N.B. shutters university's degree program

PRIVATE SCHOOL. The New Brunswick government announced it has revoked Lansbridge University's degree-granting designation following a review of a number of assessments conducted and evidence collected by independent inspectors engaged by the province. The department will hire a registrar and an inspector to help oversee the wind-down of programs offered by the Fredericton-based private online institution. METRO

Manitoba school locks out staff

LABOUR. University of Manitoba security personnel were locked out after the university and the staff's union were unable to reach an agreement in last-minute negotiations through a conciliator. One of the union's biggest concerns was uManitoba's request to drop staffing levels, allowing security staff to patrol alone instead of in pairs. The union fears the move could put guards, students, and "all persons on university grounds in jeopardy." METRO

UofT ranks high for Webometrics

INTERNET. The University of Toronto is the highest-ranking Canadian university in Cybermetrics Lab's biannual Webometrics Ranking of World Universities, which measures universities' performance and impact through their Web presence. Toronto placed 31st overall. The other Canadian institutions to make the top 100 are UBC (38), University of Montréal (60), SFU (66), University of Alberta (68), McGill (81) UQAM and the University of Waterloo (tied at 97). METRO

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How to cultivate good roommate relationships

Tension can often help to create a healthy bond

College and university freshmen are often tempted to request roommate changes within weeks of unpacking. But a host of research data suggests that staying the course — barring abusive situations — is likely to have a positive effect on students for years to come.

In a roommate setting, tension could actually produce better results for students. For instance, most studies show that racial differences among roommates lead to more conflict. However, an important Ohio State University and Virginia Commonwealth University study showed that mixed-race roommate situations resulted in better grades for African-Americans.

Moreover, a recent University of Michigan study found that most roommate situations get better, not worse, over a 10-week period. That same study presented evidence that a willingness to reveal weakness is a key factor in a good roommate relationship.

Admitting to fears and shortcomings can create a healthy bond, even between extremely different personalities. "Human weakness, I think, is really one of the only reliable facts of the universe," says John Mallinen, a counselor. "We are all dealing with a lot of fear. When we are able to share that with another person, it's bound to create intimacy."

And that can begin — at least in small doses — online, before you meet, says Natalie Caine, founder of Empty Nest Support Services, a Los Angeles-based consultant. "Let each other know you are excited and nervous so it shows some vulnerability," she explains. "Use humour, like saying you will bring ear plugs to share for snoring or late-night studies." METRO

▶ Most roommate situations get better, not worse, over time, according to a recent study.

Expert Advice

What the experts say:

- **"I encourage students** not to let Facebook be the source of first impressions since there's usually more to a student than what is posted on their online profile. Make time to talk on the phone and learn about each other." — Wendy Piper, director of residential life, Ohio Wesleyan University.
- **"I recommended to** the students that one way to reduce defensiveness — and make the conversation more productive — is to bring up the issue in a positive, oriented way. Instead of saying, 'Your behavior is bothering me, and you need to change,' say, 'I'm having a problem, and I would really appreciate your help in solving it.'" — Robert Donley, peer mediation coordinator, Central Pennsylvania College.
- **"We strongly** believe that it is best for you to negotiate through the actual problem on your own." — Kathy Collins, associate director for residence education, Texas A&M University.

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4 sports

Weir done for the year

- Injured elbow brings an end to one of Canadian golfer's worst seasons
- 40-year-old hopes to avoid surgery, let ligament heal on its own

SAM GREENWOOD/GETTY IMAGES

▶ Mike Weir hits a tee shot during the first round of the PGA Championship earlier this month.

Mike Weir won't have the chance to try to salvage one of the worst seasons of his PGA Tour career.

The left-hander from Bright's Grove, Ont., has a partially torn ligament in his right elbow and likely won't hit another competitive golf shot until 2011.

Weir has been playing with pain for nearly two months, regularly icing his arm and seeking treatment from PGA Tour physiotherapists while struggling through the most important stretch of the season. The 40-year-old thought he was suffering from tendinitis, but decided to seek further medical attention at last week's Wyndham Championship after an eye-opening conversation with a fellow pro who recognized the symptoms.

"I talked to Scott McCarron last week and he really kind of convinced me to go get an MRI," Weir told The Canadian Press yesterday. "He told me he had done the same thing — he played with (pain) while getting therapy on (his forearm) and he kept tearing (the ligament) worse and worse. By the time he went and got an MRI, it was completely torn off and he had to have surgery and take a year off."

Fortunately, Weir's prognosis is better than that. He plans to rest the elbow and seek alternative treatments, hoping the ligament will heal on its own so he can avoid surgery and a long layoff.

Even though the season is nearing its end, the news still hit hard. Weir failed to qualify for the FedExCup playoffs, which begin this week, but had been hoping to enter some of the fall series events that follow.

THE CANADIAN PRESS

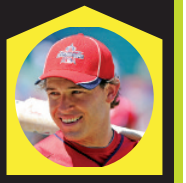
In the rough

The 2010 season has been one of the toughest of Mike Weir's career.

- After finishing sixth at the Bob Hope Classic in January, he failed to crack the top 10 in his remaining 18 tournaments.
- He missed eight cuts along the way and only broke 70 in two rounds after May.
- Weir had played the past three weeks before missing the cut at the PGA Championship and Wyndham Championship.

Up and down

Ian Kinsler
An MRI exam showed significant improvement in the Rangers star's strained left groin, which has kept him out of the lineup nearly a month.



Javier Vazquez
The Yankees are moving the pitcher to the bullpen and will let rookie Ivan Nova start in his place this weekend.

NHL in Europe? 'Good luck,' says IIHF president

International Ice Hockey Federation president Rene Fasel took a detour from his otherwise diplomatic path midway through a question-and-answer session yesterday, offering a stern rebuttal when the moderator asked about the possibility of the NHL trying to establish a division in Europe.

"Try to come," Fasel said flatly. "Good luck."

It was the most defiant declaration on a day filled with European concerns at the world hockey summit, with North American hockey institutions raised as both important allies and potential dangers to the global game.

The NHL and the CHL, its junior counterpart, were accused of over-fishing in foreign talent pools.

Delegates assembled around more than 45 tables on the covered arena floor at the Air Canada Centre, and the audience included notable spectators such as Toronto Maple Leafs general manager Brian Burke and Ottawa Senators captain Daniel Alfredsson.

"This is our territory and I will fight like hell to not allow anybody to come from abroad," Fasel said. "I think in Europe we are strong enough to do something on our own, and then have the competition between Europe and North America. That makes the fans happy."

The longtime international executive then invoked the most sacred sporting moment in Canadian history, pointing to the excitement raised when Canada faced the Soviet Union in 1972 as a reason to avoid homogenizing the sport.

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Thinking outside the box with Juke

Nissan's brand new crossover targets Gen X couples and urbanites ◆ Automaker is boldly going where no front-end styling has gone before, reviewer Mike Goetz says

Big-wheel stance

EXTERIOR. Standard 17-inch alloy wheels, with aggressive Goodyear Eagle RS V-rated rubber. Wheels pushed to extreme corners of vehicle for agility and aggressive stance. Same B platform as Versa and Cube. Shorter than Versa, but taller and wider.

Breaking news: It's a turbo

ENGINE. Cheapest car you can buy to offer over 100 horses per litre of engine displacement. New 1.6-litre direct injection turbo I4, good for 180-hp and 170 "torques." Two transmissions: 6-speed manual (FWD models only); CVT "automatic" with a "manual" shift mode. Driver can dial in three throttle/transmission/steering settings. I drove it almost exclusively in Sport Mode, the fun mode. With a high power-to-weight ratio and lots of traction, the Juke is one quick and entertaining little crossover.

Motorcycle inspirations

INTERIOR. Centre console mimics the profile and metallic shine of a motorcycle; very cool, but cup holders only take one-size cups, and not much storage space. Shifter nice and high and easy to reach from steering wheel. Long list of features, including navigation and heated seats.

First Drive

Is that a coupe?

SPACE. A four-door that looks like a two-door. Rear door handle at top of door. Roofline eats up headroom, but back seat still quite useful.

$19,998

Price of entry-level SV FWD with manual 6-speed. Other models: SV FWD CVT ($21,298); SV AWD CVT ($23,098); SL FWD with manual 6-speed ($23,548); SL FWD CVT ($24,848); SL AWD CVT ($26,648).

Where machine meets human

INTERFACE. Juke introduces's a new system for switching and accessing information. It features one main display with two main modes: climate and driving.

In-your-face facelift

FRONT. Front turn signal/parking light lamps actually rise above hood surface, like crocodile eyes. Low-mounted headlights inspired by auxiliary lamps fitted to rally cars.

5 drive

In brief

Canadian teen sensation Justin Bieber has the makings of a fleet that most of us could never hope to own. P.Diddy is reported to have given him his Lamborghini Gallardo Spyder for his birthday, while Usher offered him a Range Rover.
METRO WORLD NEWS

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WRX STI for sport-head

Impreza variation one of the most sought-after sports cars Best to avoid one with modified turbocharger

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Thanks to a long history in motorsports, a community of passionate and loyal owners, and tremendous popularity on YouTube videos, the Subaru Impreza WRX STI is quickly becoming one of the used car market's most sought-after sports sedans.

The specs

- **MODEL** 2004 to 2007 Subaru Impreza WRX STI
- **VEHICLE TYPE** Sedan
- **APPROXIMATE USED PRICE RANGE** $16,000 to $30,000

The last-generation STI came just one way: as a sedan with a turbocharged 2.5 litre boxer four-cylinder engine and six-speed manual transmission.

A Driver Controlled Centre Differential (DCCD) allowed for fine-tuning of power delivery through the STI's All Wheel Drive (AWD) system, and horsepower was rated somewhere between 293 and 300, depending on the year in question.

What Owners Like

Performance superiority, styling and reputation are all cited as key reasons why Impeza WRX STI owners chose their rides.

With a four-door body and decently-sized trunk, it's a performance car with the sensibility of a compact sedan — and the standard AWD system means year-round enjoyment is part of the package, too.

PHOTO COURTESY SUBARU

▶ The Subaru Impreza WRX STI is a staple at many rallies, which adds to its appeal for sports car fans.

What Owners Hate

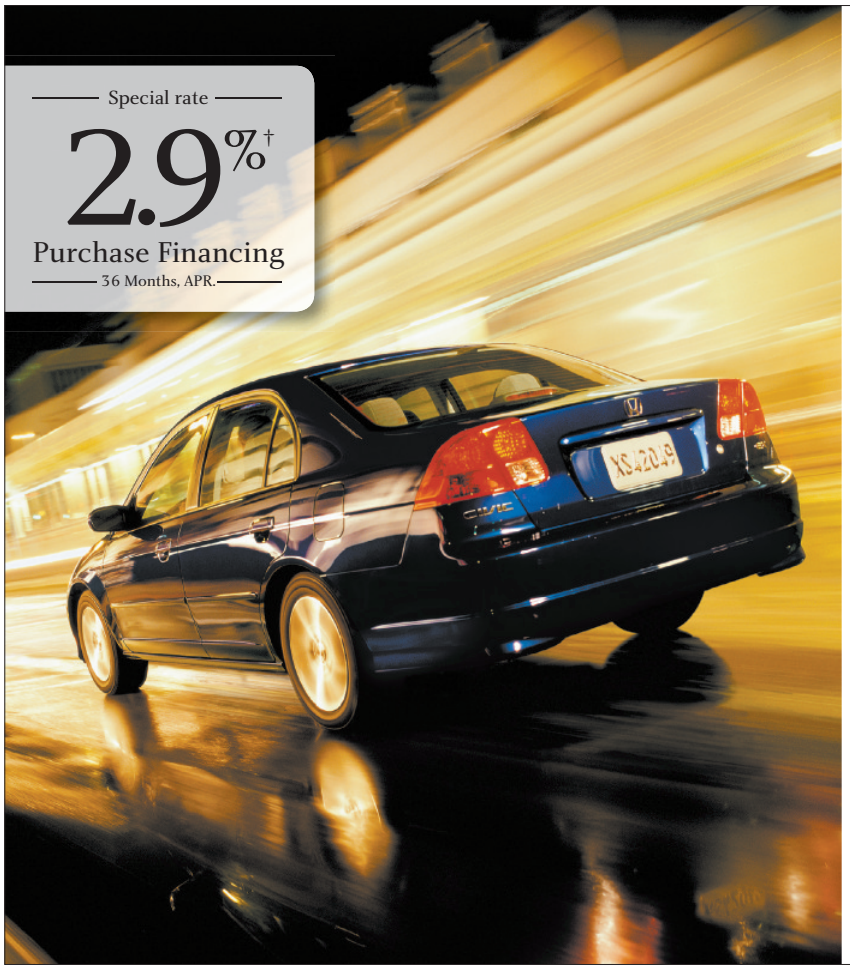
Standard sports car complaints apply for the model, including fuel mileage, a rough ride and high insurance and maintenance costs.

Common issues

Subaru has a reputation for building some solid and reliable cars, and the STI should prove no exception. Thing is, the STI isn't invincible or idiot-proof.

Careful shopping and patience are key in finding a used STI model that wasn't given as a birthday present to someone's aspiring teenaged drifter.

Bear in mind that clunking or grinding noises from the suspension or steering typically indicate a problem. Be sure there are no check-engine lights, no grinding sensations during gear shifting, and that there's no smoke coming from the tailpipe during hot or cold idle — or during hard acceleration.



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2010 Dodge Grand Caravan SXT shown.§

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2010 Jeep Patriot Limited shown.§

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Teens too distracted

SURVEY. Teen drivers often understand that shooting a quick text message, playing with their radio, or eating while driving is dangerous. However, the overwhelming majority of teen drivers engage in distracted driving behaviours anyway, according to a recent survey by The U.S. AAA and Seventeen magazine. Almost nine in 10 teenage drivers (86 per cent) have driven while distracted, even though 84 per cent of teen drivers know it's dangerous. the results are based on a survey conducted in May of nearly 2,000 male and female teen drivers ages 16 - 19.

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GT model shown, from $24,390

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GT model shown, from $25,390

2010 MAZDA 3 SPORT
Finance From $143 bi-weekly for 60 mths
Cash Purchase Price From $16,390
On Finance Price From $18,470. Includes freight & PDI. Taxes extra.

0% PURCHASE FINANCING FOR 72 MONTHS
0% PURCHASE FINANCING FOR 72 MONTHS

GT model shown, from $25,890

2010 MAZDA 5
Finance From $143 bi-weekly for 72 mths
Cash Purchase Price From $18,990
On Finance Price From $22,170. Includes freight & PDI. Taxes extra.

GT-V6 model shown, from $38,390

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WANT SERVICE SATISFACTION? LET'S TALK

A study released this week suggests we may be in the midst of a paradigm shift — we seem to be spending less and less on vehicle maintenance

Another finding: Certain "intangibles" of auto service and repair keep cropping up, as the ones that really matter to us. I might be wrong, but they also seem to be the same ones that have been around since the dawn of time.

Consider this conversation, overheard in the establishment called Bob's Wheel Service, circa 2,000 B.C.

"I come to get my wheel. You fix?"

"No, maybe tomorrow, bring back tomorrow."

"Tomorrow no good."

"You wouldn't understand, wheel fixing business very complicated."

"Me understand me want to complicate your brain structure with this rock."

Ryan Robinson is director of the Canadian Automotive Practice at J.D. Power and Associates, the firm that asked more than 14,500 owners about their service experiences. He told me that those that did well in the satisfaction rankings, were obviously the ones that consistently "hit the mark" when it came to completing work on time.

"People really value their time these days. Service providers need to acknowledge and meet those expectations."

But equally important, says Robinson, are the discussions that providers have with their customers. "Often customers don't know what's exactly going on with their vehicle. They have to put their trust in someone."

The way they get that trust, is through good dialogue, says Robinson, about the work that was just completed on the vehicle, about what it might need in the future, and being realistic and truthful about how long the vehicle needs to be in the shop.

"When customers feel they are being educated, and are given the straight goods about what the vehicle needs, the higher the trust and the higher the satisfaction scores."

Scanning the list reveals only one dealership brand (Toyota-Lexus) to finish in the top ten and above the industry average.

According to Robinson, traditional aftermarket players seem better able to build and maintain those "one on one" customer relationships. But he adds there are many individual dealers, and even very large dealer groups, that also do well with satisfaction.

Top service

Overall Service Experience Satisfaction Index

- 1. PetroCanada Certigard 869
- Goodyear Auto Centres 838
- Jiffy Lube 835
- OK Tire 832
- NAPA AUTOPRO 831
- Toyota-Lexus 825
- Midas 822
- Pennzoil 818
- Fountain Tire 815
- Mr. Lube 815

Industry Average 815

SOURCE: .D. Power and Associates. Based on a 1,000-point scale. Over 14,500 respondents, with 3 to 12-year old vehicles.

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CHOOSE YOUR VEHICLE AND GET THE BEST PRICES OF THE YEAR	EMPLOYEE PRICE ADJUSTMENT	DELIVERY ALLOWANCE	TOTAL PRICE ADJUSTMENT▲▲	YOUR EMPLOYEE PRICE▲▲	PLUS WHEN YOU FINANCE WITH FORD CREDIT RECEIVE†
2011 **FIESTA** S SEDAN	$405	$0	$405	$13,944	$500
2010 **FOCUS** SE AUTOMATIC WITH SPORT PACKAGE	$1,529	$3,000	$4,529	$15,970	$500
2010 **FUSION** S AUTOMATIC	$1,228	$3,500	$4,728	$19,421	$500
2010 **ESCAPE** XLT I-4 AUTOMATIC	$1,891	$3,500	$5,391	$21,708	$500
2010 **RANGER** SUPER CAB SPORT 4X2	$1,573	$4,500	$6,073	$15,026	$500
2010 **EDGE** SE	$2,035	$2,000	$4,035	$27,964	$750
2010 **F-150** XLT SUPER CAB 4X4	$4,206	$5,500	$9,706	$29,193	$1,000
2011 **F-350** LARIAT CREW CAB DIESEL 4X4	$8,339	$4,000	$12,339	$57,010	$1,000

All prices include freight & air tax.

PLUS

SINCE MAY, OVER **10000** CANADIANS HAVE PARTICIPATED IN THE PROGRAM

Only Ford lets you recycle your **2003 or older** vehicle and get up to **$3,300** towards a new Ford.**

This offer is in addition to incentives currently offered when combined with the $300 available from the Retire Your Ride program, funded by the Government of Canada on qualifying vehicles of model year 1995 or older. Incentives range from $1000 to $3000. Visit ford.ca for details.

In Partnership with Summerhill IMPACT, car heaven, Retire Your Ride Canada's Vehicle Recycling Program

Drive one. **CHALLENGE**▲

We want you to experience the most innovative vehicles we've ever built.

We're inviting you to take the Drive One Challenge. **We believe that once you drive a Ford you won't want to drive anything else.** If we still haven't won you over and you buy any new competitive vehicle, we'll give you $100.▲

To get your Employee Price, visit your BC Ford Store or bcford.ca today.

Ford

Drive one.

bcford.ca

WISE BUYERS READ THE LEGAL COPY: Offers available at participating dealers only. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. Inventory may vary by dealer. Dealer order or transfer may be required. † Employee Pricing ("Employee Pricing") is available from Jul. 1/10 to Aug. 31/10 (the "Program Period") on the purchase or lease of most new 2010/2011 Ford vehicles (excluding 2010/2011 F-150 Raptor, F-Series Chassis Cabs, E-Series Cutaways and Stripped Chassis, F-650/F-750 and 2011 Mustang Shelby GT 500). Employee Pricing refers to A-Plan pricing ordinarily available to Ford employees (excluding any CAW negotiated bonuses or other periodic employee special offers). The new vehicle must be delivered or factory ordered during the Program Period from your participating Ford Dealer. This offer can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Employee Pricing is raincheckable and combinable with the Commercial Connection Program but not combinable with, CPA, GPC, CFIP, Daily Rental Allowance, A/X/Z/D/F-Plan and A/Z-Plan Loyalty program incentives. ▲ Offer valid from Jul. 1/10 to Aug. 31/10 (the "Program Period") at participating Canadian dealers to Canadian residents only. Any customer that test drives a new Ford vehicle during the Program Period and purchases or leases a new competitive vehicle and takes delivery of that vehicle within 100 hours of the original Ford test drive and within 100 hours of the original Ford test drive dealer will be eligible to receive a $100 CDN offer. To claim the $100 CDN offer the customer must return to the original Ford test drive dealer within 100 hours of the original Ford test drive and present the dealer with a dated and signed Retail Buyers Agreement as proof of purchase/lease and delivery. Offer will be paid out in the form of a cheque from Ford Motor Company of Canada after eligibility is verified. Limit one (1) $100 CDN offer claim per person during the Program Period. Drive one 4-ur 5chnbn program test drives do not qualify. †† Eligible Vehicle† and finance through Ford Credit, Canada will receive $500 per unit. This offer can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. This offer is not combinable with CPA, GPC, CFIP, FALS, Commercial Connection Program or Daily Rental Allowance incentives. Customer may use the Offer amount as a down payment or choose to receive a cheque from Ford of Canada, but not both. Taxes payable before Offer amount is deducted. ▲▲ Purchase a new 2011 Ford Fiesta S sedan / 2010 Ford Focus SE / 2010 Ford Fusion S / 2010 Ford Escape XLT 4x automatic / 2010 Ford Ranger Super Cab Sport 4x2 / 2010 Ford Edge SE / 2010 Ford F-150 XLT Super Cab 4x4 / 2011 Ford F-350 Lariat Crew Cab Diesel 4x4 for $13,944 / $15,970 / $19,421 / $21,708 / $15,026 / $27,964 / $29,193 / $57,010 after Total Price Adjustment of $405 / $4,529 / $4,728 / $5,391 / $6,073 / $4,035 / $9,706 / $12,339, is deducted (Total Price Adjustment is a combination of Employee Price Adjustment $405 / $1,529 / $1,228 / $1,891 / $1,573 / $2,035 / $4,206 / $8,339, and delivery allowance of $0 / $3,000 / $3,500 / $4,500 / $2,000 / $5,500 / $4,000). Taxes payable on full amount of purchase price after Employee Price Adjustment and delivery allowance have been deducted. All offers include $1,350 / $1,450 / $1,450 / $1,500 / $1,400 / $1,500 / $1,500 / $1,500 freight and air tax, but exclude license, fuel fill charge, insurance, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. †† Best-in-class Towing and Payload, GVWR and GCWR when properly equipped. See your Ford of Canada Dealer for specific equipment and other limitations. ** Program in effect from July 1 to September 30, 2010 (the "Program Period"). To qualify for a Ford Recycle Your Ride Program ("RYR") rebate ("Rebate(s)"), customer must qualify for and take part in either the "Retire Your Ride Program", which offers $300 cash or rebate on the purchase of a 2004 or newer vehicle, customer must turn in a 1995 or older vehicle and get a voucher for a new vehicle, or the Ford Recycle Your Ride Program, which offers $1,000 cash or rebate on the purchase of a 2004 or newer vehicle, customer must turn in a 1995 or older vehicle and get a voucher for a new vehicle. Rebate(s) cannot be combined with any other offers, except for additional Rebate, with the purchase or lease of an eligible new 2010/2011 Ford or Lincoln vehicle, in the amount of $1,000 CDN (Focus, Fusion Mustang, Transit Connect, Ranger), $2,000 CDN (Taurus, Escape, Edge, Flex, Explorer, Sport Trac), or $3,000 CDN (F150, F250-550, E-Series, Expedition, MKZ, MKS, MKX, MKT, Navigator) (each an "Eligible Vehicle"). Rebate amount may be used as a down payment or received as cheque from Ford, but not both. RYR Rebates are available to residents of Canada only excluding Northwest Territories, Yukon Territory, and Nunavut. Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period to qualify for a Rebate. Rebates can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Rebates are rainchekable. Rebates not available on any vehicle receiving CPA, GPC, Commercial Connection or Daily Rental Rebates and Commercial Fleet Incentive Program (CFIP). Limited time offer, see dealer for details or call Ford Customer Relationship Centre at 1-800-565-3673. © 2010 Ford Motor Company of Canada, Limited. All rights reserved. ††† See your Ford of Canada Dealer or contact SIRIUS at 1-888-539-7474 for more information. 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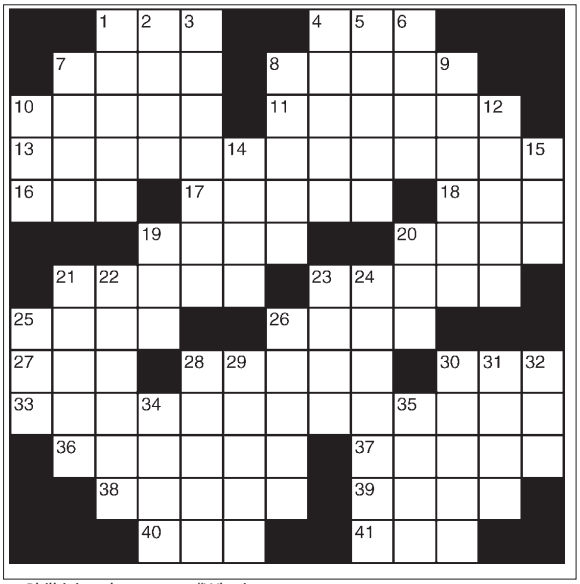
Crossword



Across

ACROSS
1 Servicewoman
4 Mailing ctr.
7 "Green Mansions" character
8 First, second, third and reverse
10 "Carmen" composer
11 Be there
13 Enrollment for all
16 Pale
17 The non-professionals
18 Placekicker's pride
19 Depressed
20 Farm fraction
21 Two fingers raised, e.g.
23 Closet intruders
25 Eat in style
26 Lincoln's bill
27 Tic-tac-toe win
28 "War and —"
30 Greek cross
33 Immediate contact
36 Farewells
37 Skin
38 Walk proudly
39 Coffee vessels
40 Snake's noise
41 Type measures

Down

1 Shrivel
2 "So be it"
3 Mail-order book
4 "Understand?"
5 Sucker
6 Raw materials
7 Philbin's co-host
8 Street urchin
9 Tattletale
10 Arrow launcher
12 Morrison's band, with "the"
14 Sunrise
15 Born
19 Gaming cube
20 Noshed
21 String instrument
22 Hairnets
23 Isin-glass
24 Late, as a payment
25 "What's up, —?"
26 The Devil bought his soul
28 Jurors, theoretically
29 Horse play?
30 Shore birds
31 Weaponry
32 "My home, sweet home"
34 Perches
35 Expression

▶ Yesterday's answer

M	E	S	A		G	E	M		C	A	M	P		
A	R	A	B		R	O	E		A	R	I	A		
G	I	N	S		I	N	D	U	S	T	R	Y		
I	N	D	U	C	E	S		S	T	Y	E	S		
			R	U	G		E	E	L					
S	P	A	D	E		I	N	D	E	X	E	D		
K	I	D			M	R	S			V	E	E		
I	N	D	I	A	N	A		B	A	I	R	N		
			N	C	O		K	I	N					
L	A	I	R	D		I	N	D	O	O	R	S		
I	N	D	U	C	T	E	E		I	D	O	L		
E	K	E	S		W	O	E		N	O	V	A		
D	A	S	H		O	H	S		T	R	E	Y		

Sudoku

		1	9		2	3		
	4		1		7		9	
7								2
		6	7	9	5	4		
		5	3	6	4	2		
4								1
	5		8		6		7	
		9	4		1	8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	3	8	7	2	9	5	6
9	5	7	4	1	6	8	2	3
6	8	2	9	5	3	1	4	7
8	7	4	6	2	5	3	9	1
5	9	6	3	8	1	2	7	4
2	3	1	7	4	9	5	6	8
3	2	5	1	6	4	7	8	9
7	4	9	2	3	8	6	1	5
1	6	8	5	9	7	4	3	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my dear love, happy anniversary Adam S.,Thanks for making this year the best one ever <3 Love always
MILA H.

Everdearest Ma, God smiled on this day and gave us you. Happy Birthday. We love you so much. Blessings and prayers.
PA, THE 2 JOS AND KOTA

hello Melissa. You are so special. I like how you get lost all the time haha. Jk i am sad. Rip Martin xoxo.
LOVE FROM ME.

Andy Lian, I love you so much! I'll never want anyone else but you! You are the one for me. Thank-you for taking care of me! I love you.
WENDY LIAN

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Today Sunny 24°/ 14°
Thursday Partly cloudy 20° / 13°
Friday Showers 17°/ 12°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Try not to fall out with work colleagues today because it will be difficult to patch things up and be friends again later. Everyone is still a bit touchy from yesterday's full moon.

♉ Taurus April 21-May 21 At some stage today you will have to decide not only whether you want to follow a particular path but also if you are moving in the right direction generally.

♊ Gemini May 22-June 21 Yesterday's full moon made disputes look bigger and more important than they really were and today's Sun-Jupiter link will aggravate the situation. Don't get angry or uptight.

♋ Cancer June 22-July 22 What happens today will disrupt your immediate plans, and you may start to wonder if you should give up on a project. No you should not! It's a temporary blip, nothing more.

♌ Leo July 23-Aug.23 If you try to hold on to the past any longer the parting will be more painful than it needs to be. You know it's time to move on. You know a new path awaits you.

♍ Virgo Aug. 24- Sept. 22 So much is going on in your world at the moment that you are beginning to worry that you might not be able to hold it all together. Don't panic. The planets promise that if you stay calm you'll come through unscathed.

♎ Libra Sept. 23-Oct. 23 If you don't meet others halfway today chances are they will take their business elsewhere. Are you prepared to let that happen?

♏ Scorpio Oct. 24-Nov. 22 There are two possible options open to you now but you can't make up your mind which to take. Put off making a decision until tomorrow when Pluto, your ruler, will show you the way.

♐ Sagittarius Nov. 23-Dec. 21 You are spending too much time and energy on something that is of no real importance, and not nearly enough on something that is. Stop worrying about the future.

♑ Capricorn Dec. 22-Jan. 20 Don't let a friend persuade you that something cannot be done. They may think they are doing you a favour but in fact they would be directing you away from a golden opportunity. You can do anything.

♒ Aquarius Jan. 21-Feb. 18 Focus on what you have in common with other people, rather than on what sets you apart. Promise yourself now that you won't overreact.

♓ Pisces Feb. 19-March 20 You have reached a point of no return and have no choice but to decide what it is you want from the future. Fate may have brought you here but the next step is up to you.
SALLY BROMPTON

The Weather Network
WE'RE PROUD TO BE ONE OF CANADA'S TOP EMPLOYERS FOR YOUNG PEOPLE.

Caption contest

MARTIN MEISSNER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

GENE J. PUSKAR/THE ASSOCIATED PRESS

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A PUZZLE FOR THE HEALTHY WORLD

HERE WE HAVE AN 8-QUART PITCHER FILLED WITH JUICE, AN EMPTY 5-QUART PITCHER AND AN EMPTY 3-QUART PITCHER. YOUR TASK IS TO DIVIDE THE 8 QUARTS OF JUICE SO THAT BOTH THE 5-QUART PITCHER AND THE 8-QUART PITCHER ARE HOLDING EXACTLY 4 QUARTS.

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